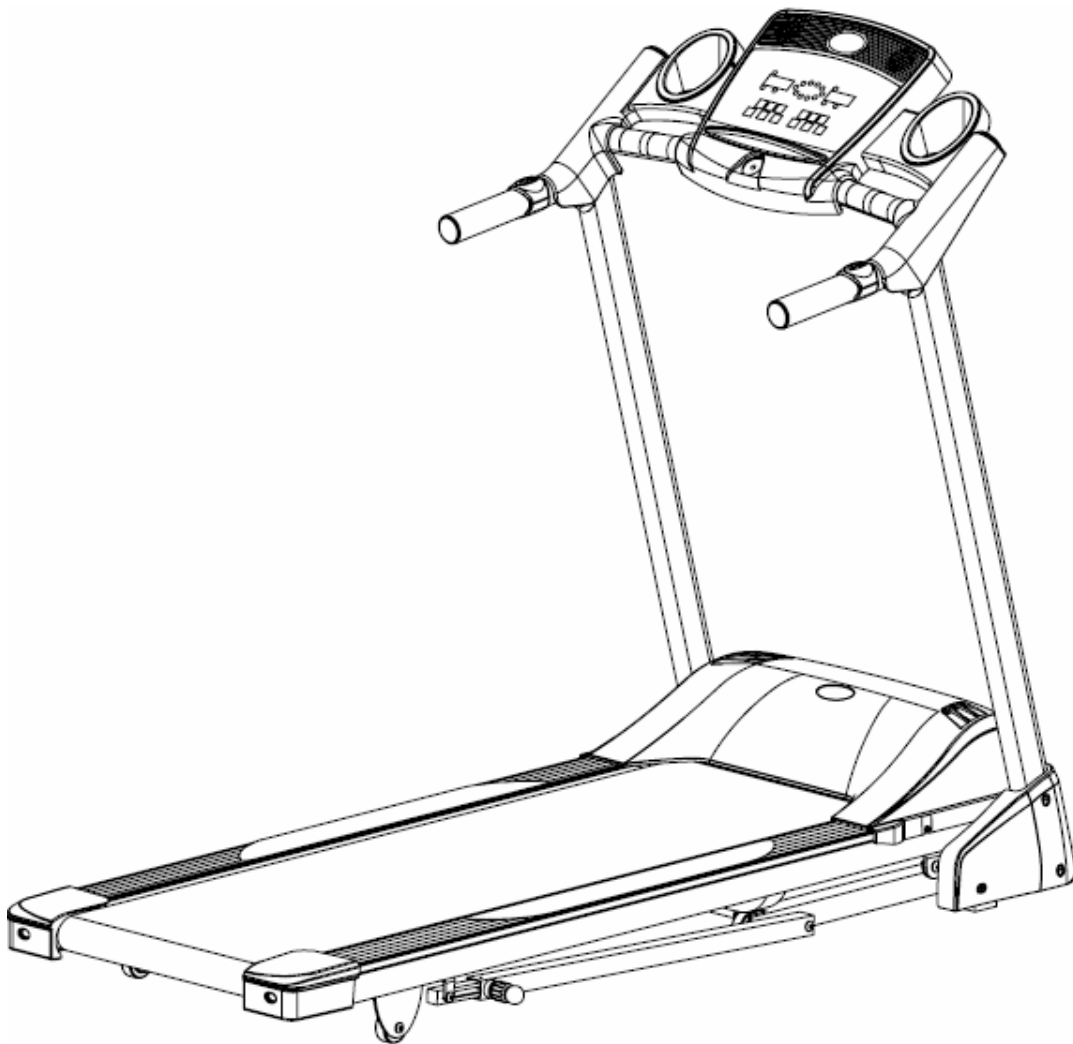# BOYLES BFE FITNESS EQUIPMENT

BFE0032 – Manhattan Uptown Treadmill Owners Manual

www.bfe.net.au

CAUTION:
Always mount or dismount treadmill with speed at lowest setting to avoid possible injury due to loss of balance. Follow mounting and dismounting instructions.

IMPORTANT:
Warming up first prepares the body for exercise by increasing circulation - supplying more oxygen to the muscles and raising body temperature. Read all instructions carefully before using the product. Retain this owner's manual for future reference.

IMPORTANT SAFEGUARDS

Read all instructions before using this equipment.

> ### CAUTION:
> Exercise of a strenuous nature, as is customarily done on this equipment,
> should not be undertaken without first consulting a physician.
> No specific health claims are made or implied as they
> relate to the equipment.

1. It is the responsibility of the owner to be sure that all users of this treadmill are informed of all warnings and precautions.

2. Keep the treadmill indoors, away from moisture and dust.   Do not put the treadmill in a garage or covered patio, outdoors or near water.

3. Keep pets and small children away from the treadmill at all times.

4. Never start the treadmill while you are standing on the walking belt.

5. Always hold the handrails while using the treadmill.

6. The treadmill is capable of high speeds.   To avoid sudden jumps in speed, adjust the speed in small increments.

7. Regularly inspect and tighten all parts of the treadmill.   Keep hands away from all moving parts.

8. When folding or moving the treadmill, make sure that the safety lock is fully engaged.   Please refer to the folding instructions pages of this manual for safety lock operation.

9. Always unplug the power cord before performing the maintenance and adjustment procedures described in this manual.   Do not remove the motor cover unless instructed to do so by an authorized service representative.   Servicing other than the procedures in this manual should be performed by an authorized service representative only.

10. Keep all electrical components, such as the motor and power cord, away from water or other liquids to prevent shock.   Do not set anything on the handrail, computer console or belt.   Never place liquids on any part of the unit.
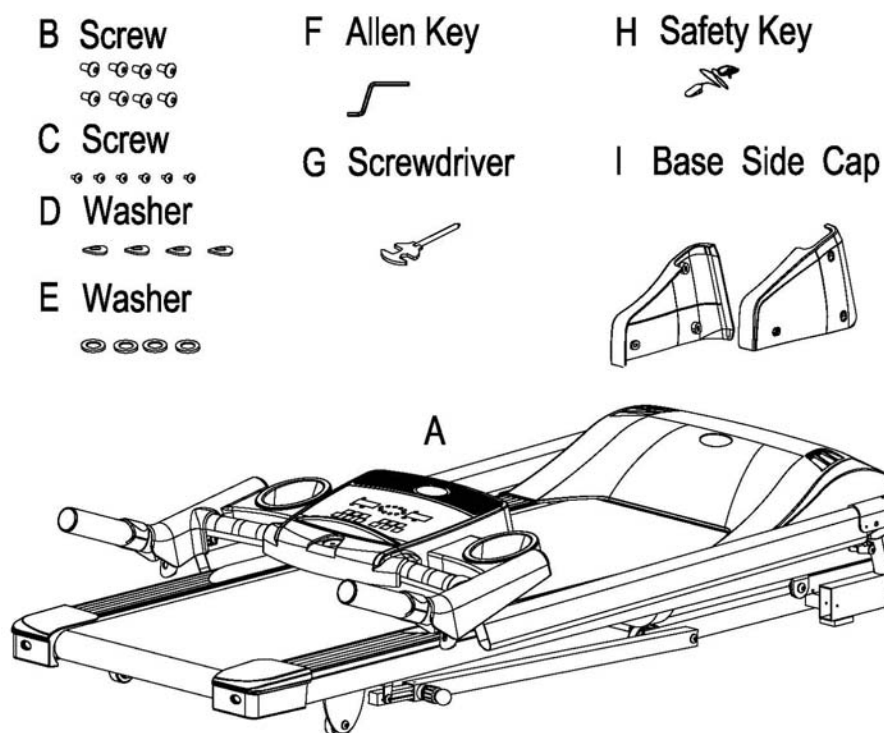
IMPORTANT SAFEGUARDS

11. Always insert the safety key and attach the clip to your clothing at your waist before beginning your workout. If you should encounter problems and need to stop the motor quickly, simply pull on the cord to disengage the safety key from the console. To continue operation, simply reinsert the safety key into the console.

12. Remove the safety key and store it away in a safe place when the treadmill is not in use. Keep the safety key away from children.

13. Wear the proper exercise clothing and shoes for your workout. Do not wear loose clothing or shoes with leather soles or heels. Be sure to tie long hair back.

14. Keep all loose clothing and towels away from running surface. The belt will not stop immediately if an object becomes caught in the rollers or belt. Should an object become caught, turn the unit off immediately.

15. Proceed with caution when getting on or off the treadmill. Use the handrails whenever possible. Only step onto the running surface only when the treadmill is running at a very low speed. Do not step off the treadmill while the belt is moving.

16. To get on or off the running surface, straddle the running surface by standing on the right and left plastic platforms on each side of the belt. Use this procedure before starting the belt (to begin your workout) and after it has stopped (at the end of your workout).

17. Never attempt to turn around while on the treadmill with the belt running. Keep your head and body facing forward at all times.

18. Never turn on the treadmill while someone is standing on the running surface.

19. Do not rock the treadmill, stand on the handrails or computer console at any time.

20. Be careful not to over exert yourself during your workout. Stop your workout immediately, if you feel any pain or discomfort. Consult your physician immediately.

21. Do not modify or attempt any service on the treadmill yourself other than assembly and maintenance described in this manual.

ASSEMBLY INSTRUCTIONS

STEP 1

Collapse box bottom and lay sides down before assembly and do not attempt to move the treadmill out of its box until the unit is fully assembled. Locate the hardware bag and parts that are listed in the chart below.
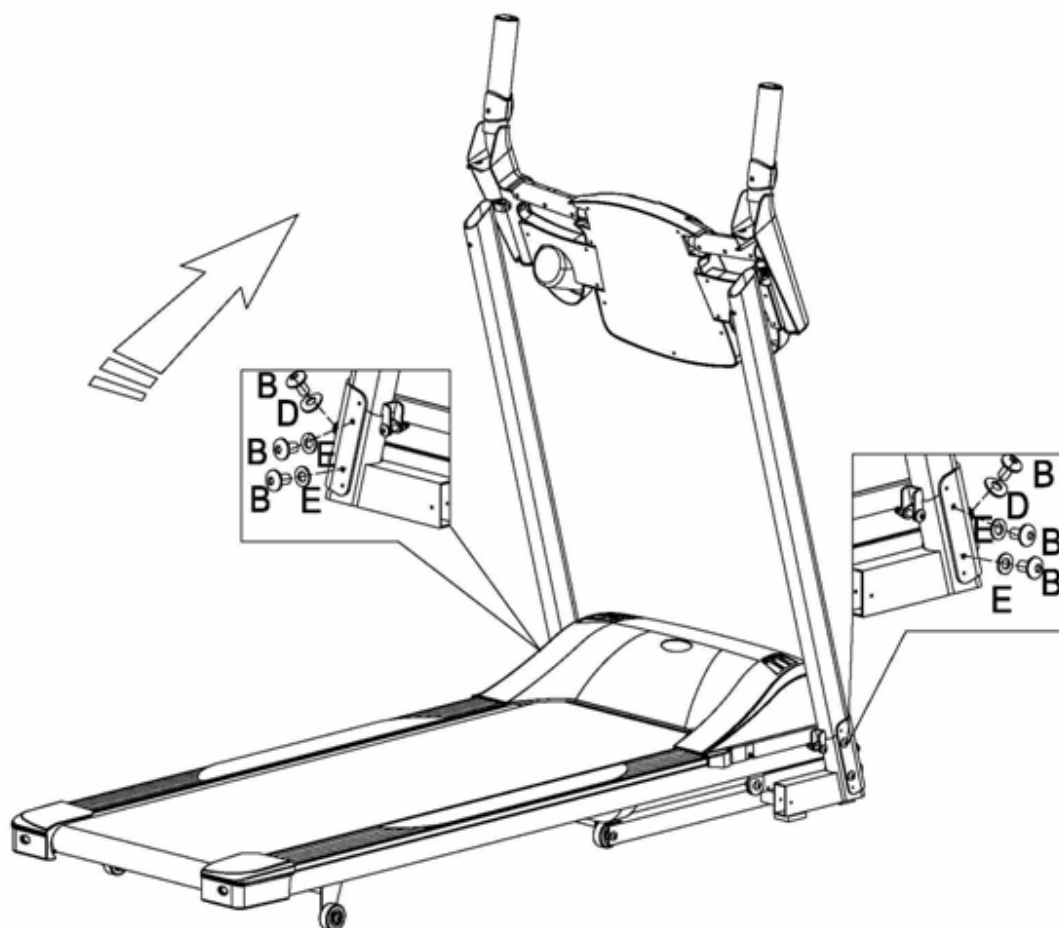
Part#	Description	Q'TY
A	Main Frame & Computer	1
B	Screw M8*20L	8
C	Screw M4*8L	6
D	Washer §8* §19	4
E	Washer §8* §18	4
F	Allen Key	1
G	Screwdriver	1
H	Safety Key	1
I	Base Side Cap	2

STEP 2

Lift up the upright handlebar, then fasten the screws (B) and washer (D) (E) tightly at the bottom of the upright handlebar.

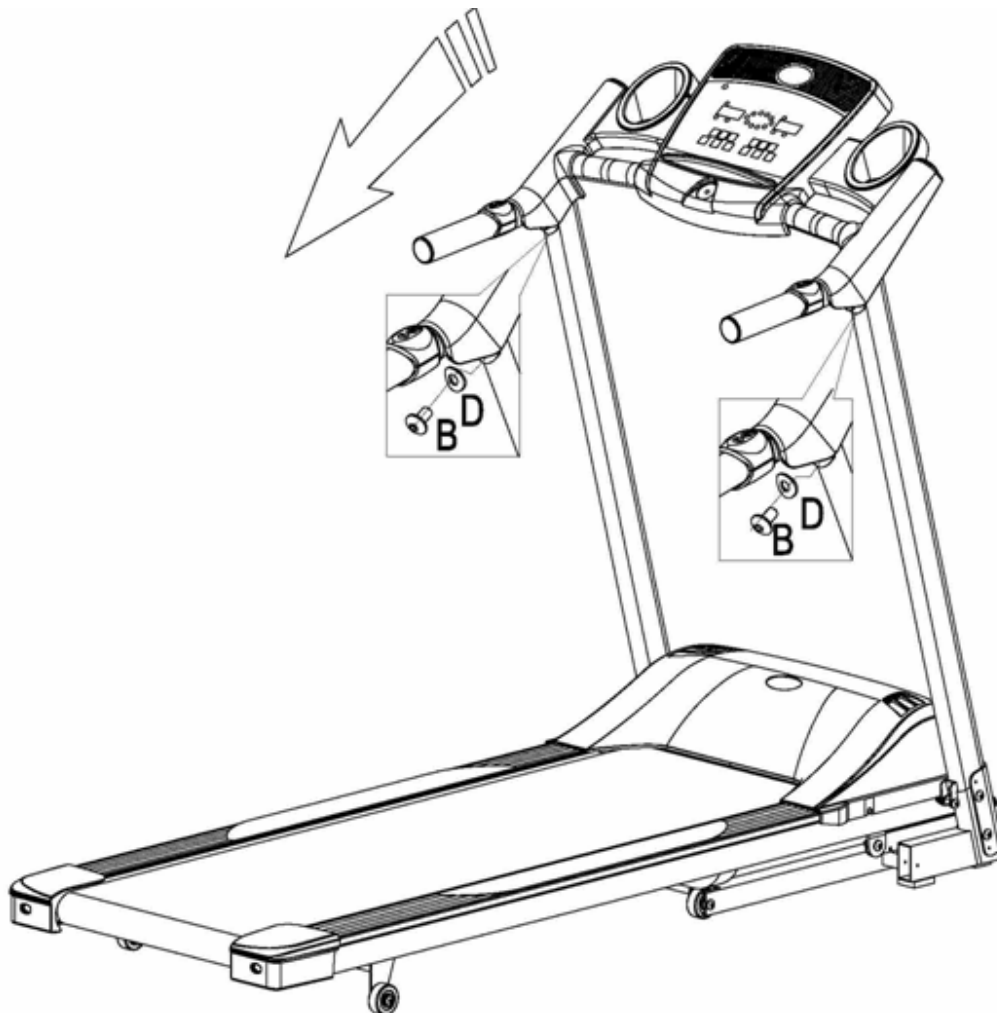- Take care not to crush or damage cables inside upright.

STEP 3

Attach the console to the upright by pressing both handlebars down.
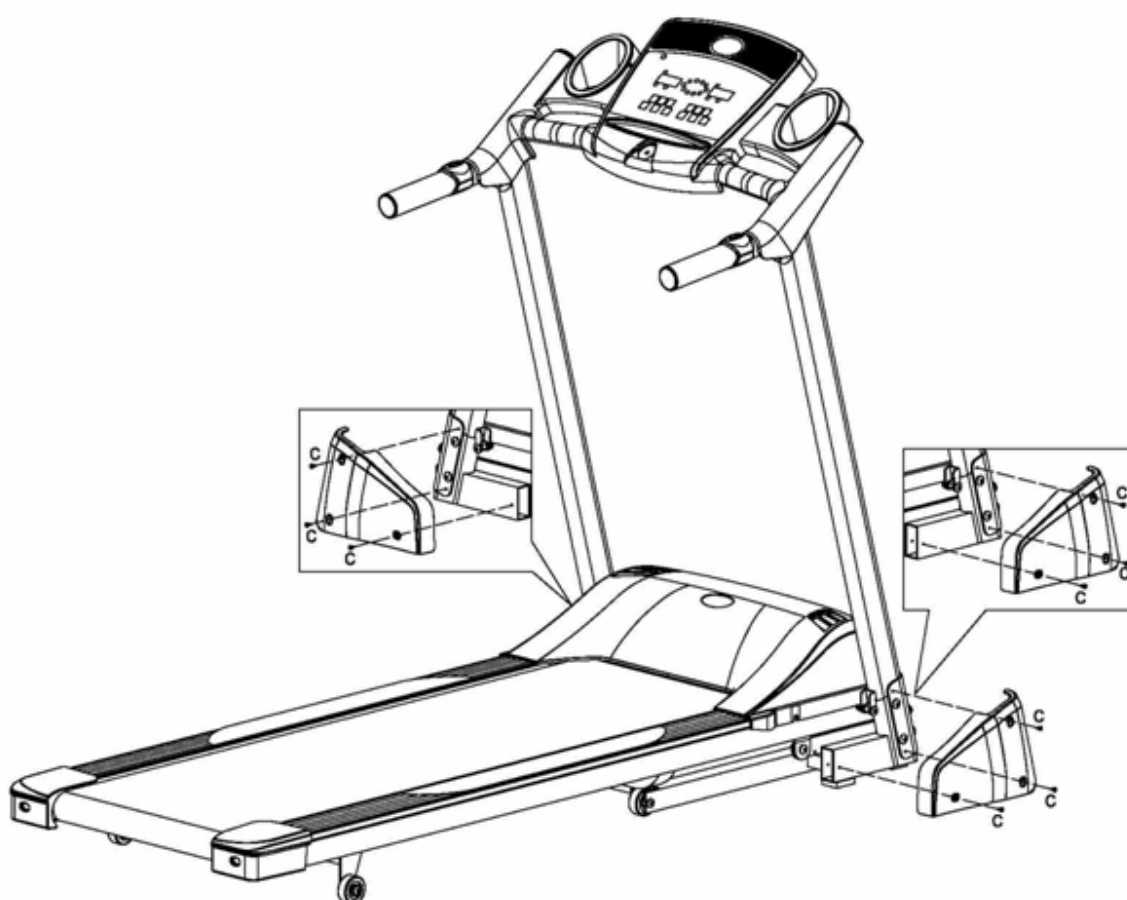Fasten the screws (B) and washers (D) on the handlebar as shown below.

- Take care not to crush or damage cables inside upright.

STEP 4

Attach the Base Side Caps (I) with screws (C) at the bottom of the upright handlebar, and tighten them well.

FOLDING

After your treadmill is completely assembled, you may fold the machine into the upright position for storage.

NOTE! Make sure the treadmill's elevation is at its lowest position (zero 0) before folding the deck to avoid damage to your machine.

To fold the machine, raise the deck until it locks into position. (Figure 1)

Make sure you hear the click sound of the deck locking into position. This is to ensure the deck is locked in

place and will not drop back down.

TO RELEASE THE RUNNING DECK

Hold the upper end of machine, pull the pin to put down the frame to the ground. (Figure 2)

NOTICE! This machine has a built-in safety unfolding feature to help lower the deck slowly. Please make sure there are no children or other things under the deck when you lower it.

TO MOVE THE TREADMILL

Before moving the treadmill, be sure the power cord is unplugged from the wall and the treadmill. Fold up the running deck until it is locked and push the equipment on its transportation wheels. Hold the handlebars to move the treadmill forward. (Figure 3)

To prevent malfunctioning of the treadmill, store it in a dry place with as little temperature variation as possible, protected against dust.   Always unplug the treadmill from the electrical outlet when not in use.
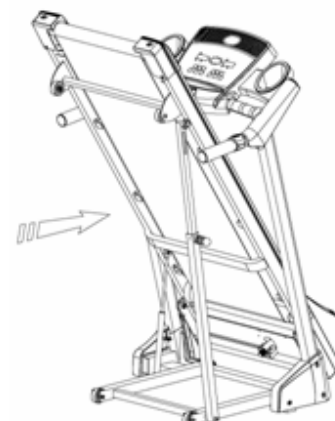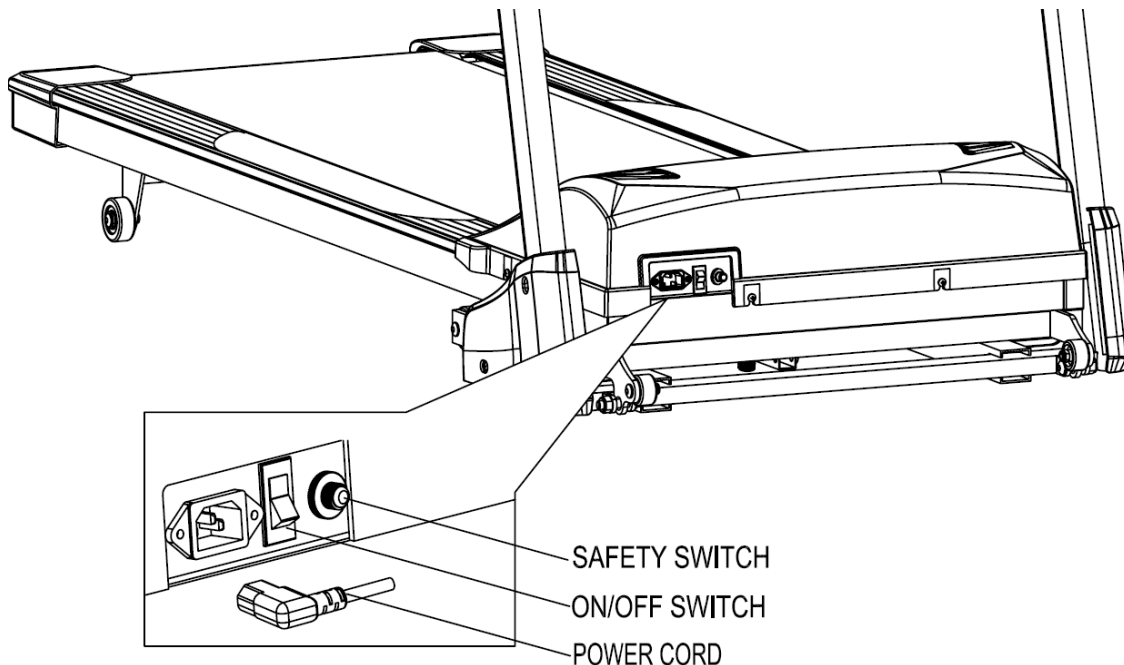
Figure 1

Figure 2

Figure 3

CAUTION

*** THE MACHINE WILL SHUT DOWN THE POWER WHEN ELECTRICITY IS OVERLOADED.

    A. Unplug the power cord from the machine's socket.
    B. Push in the safety switch.
    C. Replug the power cord into the machine's socket.

** DO NOT PUSH IN THE SAFETY SWITCH BEFORE UNPLUGGING
    THE MACHINE'S POWER CORD.

SAFETY SWITCH
ON/OFF SWITCH
POWER CORD

⚠ CAUTION

SHOULD YOU FAIL TO SWITCH OFF THE TREADMILL AFTER TURNING OFF THE CONSOLE, THERE WILL STILL BE CURRENT RUNNING WITHIN THE CONSOLE.

THIS TREADMILL IS EQUIPPED WITH A SAFELY CONTROL PROGRAM THAT WILL AUTOMATICALLY SHUT DOWN THE MACHINE AFTER 6 HOURS.

IN THE EVENT OF AN AUTOMATIC SHUT DOWN, PLEASE FOLLOW THE PROCEDURES BELOW TO RESTART YOUR TREADMILL.

1. PULL OUT THE PLUG FROM THE SOCKET OF MACHINE.
2. PUT THE PLUG IN THE SOCKET TO RE-START THE MACHINE.

CONDITIONING GUIDELINES

To assist you to plan and regulate your personal fitness program we have established these guidelines to help you on your way.   Remember, ease into a new program and maintain good nutrition to achieve the best results.   HOWEVER IT'S IMPORTANT, BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM TO CONSULT YOUR PHYSICIAN!

EXERCISE INTENSITY

To achieve maximum benefit from exercise you need to exert yourself but without experiencing breathlessness and fatigue.   Knowing your heart rate is the key to getting better results.   Determine your target heart rate, based on your age and work within the range to achieve weight loss faster!   For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". For both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONEDTRAINING ZONE(BEATS/MIN)	CONDITIONEDTRAINING ZONE(BEATS/MIN)	AGE	UNCONDITIONEDTRAINING ZONE(BEATS/MIN)	CONDITIONEDTRAINING ZONE(BEATS/MIN)
20	138-167	133-162	55	127-155	122-149
25	136-166	132-160	60	126-153	121-147
30	135-164	130-158	65	125-151	119-145
35	134-162	129-156	70	123-150	118-144
40	132-161	127-155	75	122-147	117-142
45	131-159	125-153	80	120-146	115-140
50	129-156	124-150	85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone.   Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone.   As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

To measure your heart rate, stop exercising and place two fingers on your wrist where you feel a pulse.   Carefully take a six-second heart beat count (A six-second count is used because your heart rate will drop rapidly after you stop exercising).   Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone.   If your heart rate is too low, increase you level of exertion.   If your heart rate is too high, decrease your level of exertion.

WORKOUT PATTERN

Each workout should consist of 5 basic parts:

1.AT REST   2.WARMING-UP   3.TRAINING ZONE EXERCISE

4.COOLING DOWN   5.AT REST

Warming up is an important part of every workout.   Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature.   This can be done by stretching for 5-10 minutes prior to exercising.   After warming up, begin exercising at a low intensity level for a few minutes.   Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

HOW TO START

First of all, start out slow and easy.   Just walk for 10 minutes.   Do this every day for a week.   If this was easy for you, add five minutes to your exercise for week 2. Keep adding 5 minutes until you are running as long as desired.

WATCH YOUR POSTURE

Think of elongating your body.   Hold your head up and eyes forward.   Your shoulders should be down, back and relaxed.   Tighten your abdominals and buttocks.

Be sure to drink plenty of water before, during and after exercise.   Incorporate a warm up, cool down and stretches into your routine.   Start your walk at a slow warm up pace, stop and do a few warm up stretches.   Then exercise for the desired length of time. End your exercise with the slower cool down pace and stretch well.   Stretching will make you feel great and assist in injury prevention.

The toughest thing about starting a fitness program is developing a habit.   Walking daily will help (a minimum of 5 days a week is a good goal).   You should walk fast enough to reach your Target Heart Rate, but you should not be gasping for air.

After you have formed the habit you will want to evaluate your program and your goals.

To improve cardiovascular fitness walk 3 to 4 days a week, 20 to 30 minutes at a very fast pace.   If you are exercising for weight loss you should walk a minimum of five days a week, 45 to 60 minutes at a "purposeful" pace.

If you're new to exercise, start off with slow, short sessions and build your way up gradually.   If you have any health concerns or medical conditions, be sure to check with your doctor for advice before you begin a routine.

STRETCHING

Stretching is one of the most important elements of a good fitness; many users don't stretch enough, or stretch incorrectly. Stretching can be time consuming, but it is important for good exercise form and injury prevention.

IMPORTANT RULES FOR STRETCHING:
1. Always warm up prior to stretching.
2. Do not bounce. A stretch should be a gentle movement. Slowly go to the point where you feel tension in the muscle.
3. A good stretch should not hurt. If you are stretching to the point of pain you are stretching too hard.
4. To lengthen the muscles hold the stretch for 30 to 40 seconds.

STRETCHING ROUTINE
Toe points - Lift one foot off the floor and gently point the toe. Hold for a few seconds. Now, flex your foot pointing your toe up. Do about five of these on each foot.

Ankle circles - Stand with your weight on one foot. Lift one foot off the floor and gently point the toe. Rotate your ankle and do about ten circles in each direction, then change feet. Do this about two or three times with each foot.

Arm circles- Hold your arms straight out to the side. Make small circles going backward, gradually getting larger and larger. Rest for a second and do the same thing in the forward direction. Do this a couple of times until your arms, shoulders and upper back are warmed up.

Hamstring and lower back- Slowly bend forward from your waist with your knees slightly bent. Reach for the floor and hold. Only bend as far as comfortable.

Lower back- While lying on your back, bring both knees up towards the chest with the hands. Round the lower back and relax into the stretch. Don't do this stretch on a hard surface... use a stretching mat, which will provide the required support.

Shoulder stretch-Standing upright, cross left arm over chest. Place your right hand on your upper arm and pull arm in tight to chest .Be sure to keep shoulders down and do not pull at the elbow. Hold, and then repeat stretch with other arm.

Neck relax-Turn and look over your right shoulder and hold. Repeat on the left side. Don't hyper-extend the neck, or tilt it backwards

NOTICE :

The treadmill should be placed on a level surface. If the treadmill is not level, the belt will continuously track to low side of the treadmill.

WALKING BELT TENSION

As walking belts tend to stretch slightly with use, the belt may occasionally need to be tightened. If the belt is too loose, you may find the belt stops while running or walking, while the motor continues to run.
DO NOT OVERTIGHTEN THE BELT. This will cause reduced motor performance and roller damage.

When properly tensioned, you should be able to lift the side of the belt about 2-3 inches (5-7.5 centimeters). A quick test for belt tension: you should be able to fit three fingers under the edge of the belt.

To tighten belt:

Use Allen key provided with the treadmill, place it in the hole in the left rear end cap and into the socket of the adjustment screw. Turn Allen key one full turn clockwise. Then place Allen key in hole in the right end cap and turn key one full turn clockwise. Check the tension of the belt. Continue to do this until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment.
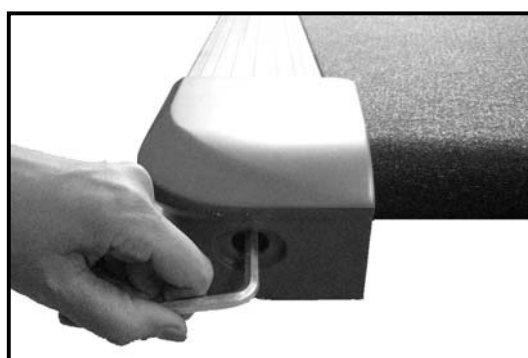
BELT ADJUSTMENT

WALKING BELT CENTERING

The walking belt may occasionally need to be centered. First be certain that the belt is tensioned properly. Start the treadmill and run it at about 6km/h. Place the allen key through the hole in the left rear end cap and into the socket of the adjustment screw. (See picture below)

1. **If belt has moved too far to the left:**
   Turn the left adjustment screw 1/4 turn clockwise (tight) or turn the right adjustment screw 1/4 turn anticlockwise (loose). Take off the rear end caps and make sure both sides of the rear roller are parallel.

2. **If belt has moved too far to the right:**
   Turn the left adjustment screw 1/4 turn anticlockwise (loose) or turn the right adjustment screw 1/4 turn clockwise (tight). Take off the rear end caps and make sure both sides of the rear roller are parallel.

Continue to run the treadmill around 3-5 minutes to ensure the belt has been centered. Make sure the belt is not too loose to be slippery and you have not made an over-adjustment.

BELT ADJUSTMENT

WARNING: ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE CLEANING, LUBRICATING OR SERVICING THE UNIT.

CLEANING

General cleaning of the treadmill will prolong the life of the treadmill and improve performance. Keep the unit dean by dusting regularly. Be sure to dust the exposed part of the desk on either side of the walking belt and also the side rails. For best performance, we recommend your treadmill be placed on a treadmill mat. Along with reducing noise, a treadmill mat will help to keep dust debris away from your treadmill's critical components. Clean the top of the belt with a wet, soapy cloth. Be careful to keep liquid away from inside the motorized treadmill frame or underneath the belt.

WARNING : ALWAYS UNPLUG THE TREADMILL FROM THE ELECTRICAL OUTLET BEFORE REMOVING THE MOTOR COVER. At least once a year remove the motor cover and vacuum under the motor cover.

WALKING BELT AND DECK LUBRICATION

It's important to take good care of your treadmill deck (the walking surface underneath the belt), because the belt/deck friction may affect the function and life of your treadmill and requires periodic lubrication.


Provided with the treadmill is a small sample bottle of lubrication oil.   Just lift the belt and spread from the centre of the deck to the edge where the belt touches the deck, do this to both sides of the treadmill.   If you run or jog your stride widens, so spread to the front of the deck to reduce friction in this area. Use the following timetable as a guide to lubricate the deck. Silicone spray can also be used as a belt and deck lubricant following the same instruction.

Type of user	Exercising hours per week	Number of times
Light user	Less than 3 hours	6 months
Medium user	3-5 hours	3 months
Heavy user	More than 5 hours	6 weeks

Note: In tropical areas you may have to lubricate more often due to humidity.
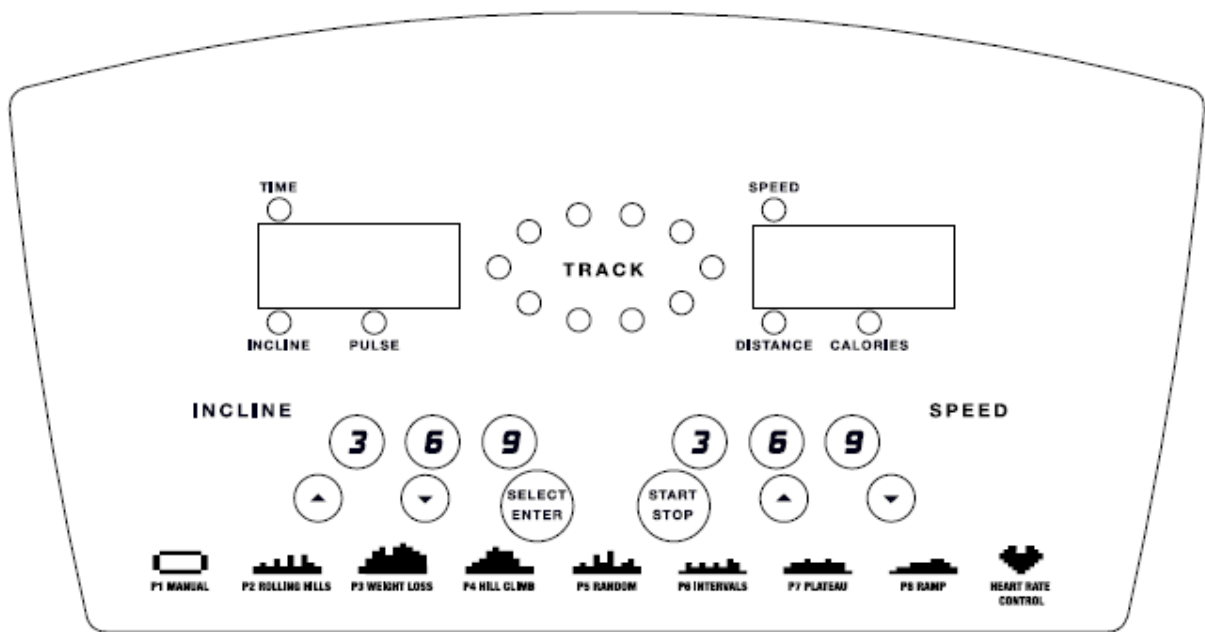
BEFORE STARTING

Straddle the belt and stand on the plastic side rails.   Place the safety key onto the circle on the overlay and attach the clip to your clothing.   Do not stand on the walking belt while starting or stopping the treadmill.   If you are a new user, stay at a slow speed and hold onto the handrails until you become comfortable.

KEY FUNCTIONS

A. Safety Key
The monitor and the treadmill can be operated only with the key attached on SAFETY KEY position. And both monitor and treadmill stop as soon as the key is removed.

B. Major Function Keys

1. INCLINE ＋
  a. Press this button to choose the program from P1, P2, P3, P4, P5, P6, P7 and P8.
  b. During the setting mode, press this button to increase the setting value.
  c. During the exercise mode, increases the incline level in the range from 0 to 10. Pressing once will increase 1 level and to speed up the increment by pressing and holding this button for 2 seconds.

2. INCLINE －
  a. Press this button to choose the program from Manual, P8, P7, P6, P5, P4, P3, P2 and P1.
  b. During the setting mode, press this button to decrease the setting value.
  c. During the exercise mode, decreases the incline level in the range from 10 to 0. Pressing once will decreases 1 level and to speed up the decrement by pressing and holding it for 2 seconds.

3. START/STOP
To Start or stop the desired program.

4. ENTER/SELECT
  a. Press this button to confirm your desired program or setting value.
  b. During exercise mode, press this button to switch display for time, incline, pulse and distance, calories, speed.

5. SPEED ＋
  a. Press this button to choose the program form Manual, P1, P2, P3, P4, P5, P6, P7 and P8.
  b. During the setting mode, press this button to increase the setting value.
  c. During the exercise mode, increases the speed level in the range from minimum speed through maximum speed shown in the SPEED Display. Pressing once increases 0.2KPH or 0.1MPH. To speed up the increment, hold this button for more than 2 seconds.

6. **SPEED** －
    a. Press this button to choose the program form Manual, P8, P7, P6, P5, P4, P3, P2 and P1.
    b. During the setting mode, press this button to decrease the setting value.
    c. During the exercise mode, decreases the speed level in the range from maximum speed through minimum speed shown in the SPEED Display. Pressing once decreases 0.2KPH or 0.1MPH. To speed up the decrement, hold this button for more than 2 seconds.

7. **SPEED HOT KEYS**
    a. 3 Speed Hot Keys are set as 3, 6, 9 KPH (3, 6, 9 MPH).
    b. For example, the speed changes from any speed to 6KPH by pressing the Speed Hot Key 6.

8. **INCLINE HOT KEYS**
    a. 3 Incline Hot Keys are set as 3, 6, 9 %.
    b. For example, the elevation level changes from any level to 6% by pressing the Incline Hot Key 6.

9. **SPEED QUICK-ACCESS KEYS**
    a. ＋ same as SPEED ＋
    b. － same as SPEED －

10. **INCLINE QUICK-ACCESS KEYS**
    a. ＋ same as INCLINE ＋
    b. － same as INCLINE －

● **LED Indicators & Displays and Operating Ranges**
The default values are PROGRAM = Manual (P1), TIME = 00:00 (counting up), SPEED = 0.00, DISTANE = 0.00 (counting up), CALORIES = 0 (counting up), PULSE = 0, and INCLINE = 0.

A. **LED Functions Indicators**
    Indicate the functions of SPEED, DISTANCE, CALORIE and TIME, INCLINE, PULSE. .

B. **10 LED Track**
    One circle is 0.4km (0.25Mile)

C. **TIME Display**
    Display shows the exercising time with counting up or down. While the treadmill is not running and the SAFETY KEY is on, it can be chosen by pressing ENTER then adjusted by pressing ＋ or －. The range of counting up is from 00:00 to 99:59 and 10:00 to 99:00 with counting down. While counting down to 00:00, the monitor will beep 12 times then the treadmill will stop.

D. SPEED Display
Display shows the speed that the treadmill is providing. It can be adjusted by pressing SPEED ＋ and SPEED － keys.

E. DISTANCE
Display shows the distance with counting up. The range of counting up is from 0.00 to 99.99MPH/KPH.

F. CALORIES
Display shows the calories with counting up. The range of counting up is from 0 to 9999 Kcal.

G. PULSE
Display your heart rate in beats per minute.

H. INCLINE
Display the level of incline from 0 to 10.

● **Operation Instructions (Please read carefully before using.)**

A. Safety Tips
To start, turn on the power and attach the Safety Key to the monitor. Notice that the machine does not work and off the LED display without the Safety Key attached. Please clip the other end of the Safety Key to the user before exercising to ensure the machine will stop in case the user accidentally runs off the treadmill. Should that happen, the Safety Key will be off the monitor and the treadmill will stop at once to avoid further injury.

B. Programs Selection
There are 8 programs including Manual and 7 preset programs. To select by pressing the INCLINE ＋／－ or SPEED ＋／－ key.

C. Exercising with A Specific Goal
In any programs, users may change the values of TIME before exercising. Press ENTER key to select each of them, and INCLINE ＋／－ or SPEED ＋／－ key to change the value. Without changing any of the values and all are 0, users can run as long as possible until it is turned off. Users may also put the desired TIME value to count down. For example, TIME is set to 10 minutes, and then the treadmill will stop after 10 minutes.

D. Heart Rate
Using the hand pulse sensor to measure your heart rate. Please use both hands to gently hold the Hand Pulse Sensors. There are 2 sensors and 2 pieces of metal part each sensor. Each hand must gently hold both metal pieces to trigger the measuring. The pulse rate will show in the PULSE Display.

OPERATION GUIDE

● **OPERATION**

A. Insert the Safety Key to the SAFETY KEY position
    After insert the Safety Key, 2 LED windows and track will glitter. Press the ENTER button to
    enter the setting mode.

B. Press the INCLINE ＋／－ or SPEED ＋／－ buttons to choose your desired program from
    P1 to P8.

● **PROGRAMS**

In the Manual

a. Press Enter button to enter this program.
b. The TIME window will glitter. Use the INCLINE ＋／－ or SPEED ＋／－ buttons to set up
    the desired exercise time.
c. Press the ENTER to confirm your setting value.
d. Press START to begin exercise.

Note：If you would not like to select any special target to reach, just press START to do the
          exercise.

In the Program 2 to Program 8

Program 2 to Program 5 is Incline Program.
        (Incline will change automatically during the exercise.)
Program 6 to Program 8 is Speed program.
        (Speed will change automatically during the exercise.)

a. Press ENTER button to enter your desired program.
b. The SPEED window will glitter. Use the INCLINE ＋／－ or SPEED ＋／－
    buttons to set up the desired speed you would like to exercise.
c. Press the ENTER to confirm your setting value.
d. TIME window will glitter. Use the INCLINE ＋／－ or SPEED ＋／－ buttons to
    set up the desired exercise time.
e. Press the ENTER to confirm your setting value.
f. Press START to begin exercise.

Note：If you would not like to select any special target to reach, just press START to
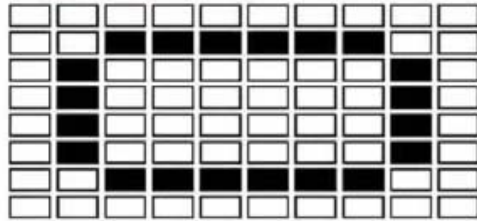   do the exercise.

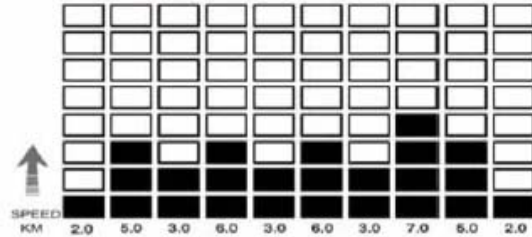**<u>In HRC Weight Loss Heart Rate Program</u> :**
The user should hold the hand pulse sensor all the time or wear the heart rate strap if available to use this program.   After the program is confirmed, AGE appears on the dot matrix.   Using the speed or incline arrow keys, the user enters his/her age.   Target heart rate (THR) is computed at 65% of maximum (220 – AGE) and appears in the heart rate window.   THR can be changed at this time using the elevation keys.   Press START and the treadmill starts at 0.8 kph, and the user controls in the speed.   After a 3 1/2 minute warm-up, the incline begins to adjust at a rate of 1% every 30 seconds until the target heart rate zone is reached (THR +- 5BPM).   If the THR zone is exceeded, the incline declines at a rate of 1% every 30 seconds until the heart rate is in the THR zone.
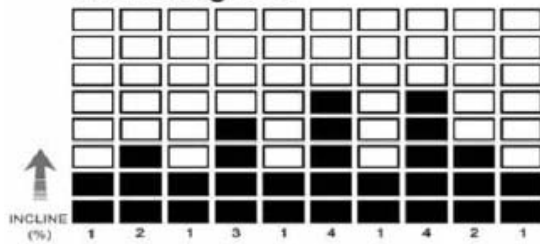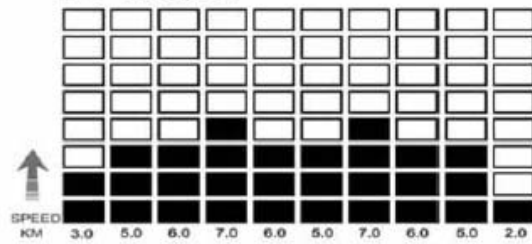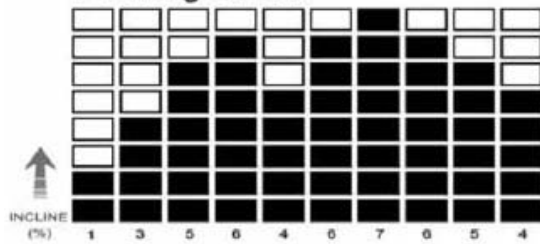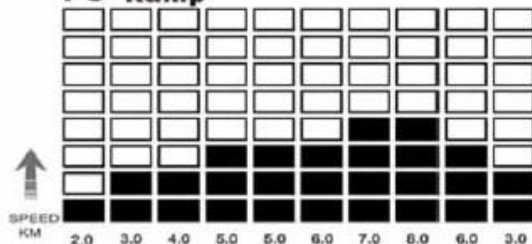
COMPUTER PROGRAMS

P1 Manual

P6 Intervals

| SPEED KM | 2.0 | 5.0 | 3.0 | 6.0 | 3.0 | 6.0 | 3.0 | 7.0 | 5.0 | 2.0 |

P2 Rolling Hills

| INCLINE (%) | 1 | 2 | 1 | 3 | 1 | 4 | 1 | 4 | 2 | 1 |

P7 Plateau

| SPEED KM | 3.0 | 5.0 | 6.0 | 7.0 | 6.0 | 5.0 | 7.0 | 6.0 | 5.0 | 2.0 |

P3 Weight Loss

| INCLINE (%) | 1 | 3 | 5 | 6 | 4 | 6 | 7 | 6 | 5 | 4 |

P8 Ramp

| SPEED KM | 2.0 | 3.0 | 4.0 | 5.0 | 5.0 | 6.0 | 7.0 | 8.0 | 6.0 | 3.0 |

P4 Hill Climb

| INCLINE (%) | 1 | 2 | 3 | 5 | 6 | 5 | 5 | 3 | 1 | 1 |
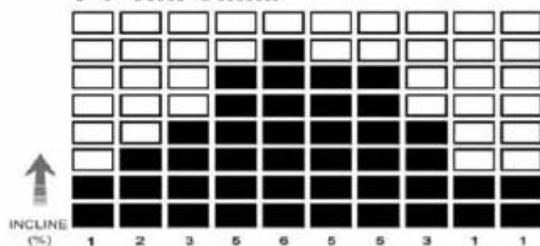
P9 Hill Heart Rate Control

P5 Random

| INCLINE (%) | 1 | 2 | 1 | 4 | 2 | 5 | 1 | 2 | 3 | 1 |

COMPUTER TROUBLE SHOOTING GUIDE

ERROR CODE	PROBLEM	POSSIBLE CAUSES	CORRECTION
E1	The console has not received a signal from the motor/speed sensor within certain time.	1. Wiring jack has a poor connection. 2. There is too great a distance between the speed sensor and the magnet on the front roller pulley. 3. Sensor is faulty and/or wiring has been damaged. 4. Magnet on the front roller pulley is loose/fallen/missing. 5. Controller is burnt.	1. Re-insert the wiring jack and ensure that a firm connection is made. 2. Adjust the speed sensor so that it sits 3mm (+/- 1mm) from the magnet. 3. Replace the sensor. 4. Replace the magnet. 5. Replace the controller.
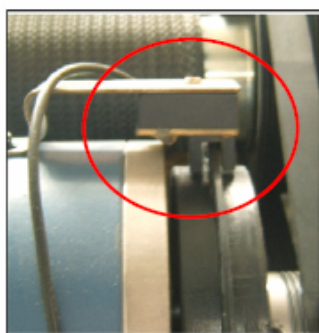
Inspect if the position and distance are proper.

Check if the speed sensor is defective or misplaced.

ERROR CODE	PROBLEM	POSSIBLE CAUSES	CORRECTION
E2	1. No readout or abnormal message on display 2. Buttons not working 3. Beeping sound	1. Damage to IC chipset or IC base 2. Static Electricity Interference (static electricity may transfer through hand pulse receiver and damage the IC)	1). Check if any cracks and tilt can be seen on IC base or broken pins/leads on IC 2a). Ensure the grounding wire is firmly fixed in place with the screw 2b). Examine if there is any damage to the small PCB beneath the hand pulse receiver plastic cover 2c). Check if LCD/LED works properly

COMPUTER TROUBLE SHOOTING GUIDE

ERROR CODE	PROBLEM	POSSIBLE CAUSES	CORRECTION
E3	1. The console could not obtain the incline value within certain time. 2. The incline motor is working outside its parameters.	1. Data jack has a poor connection. 2. Incline motor has become damaged (internal damage may be evident by excessive motor case heat). 3. Data cable has been damaged. 4. Controller is burnt.	1. Re-insert the wiring jack and ensure that a firm connection is made. 2. Reset the height of the incline nut and restart the machine. 3. Replace the incline motor. 4. Replace the controller.

Ensure there is adequate clearance between the incline nut and motor cast.

Replace the incline motor if the associated fuse blows under constant operation.

Thoroughly inspect the data cable to ensure that the wiring has not been damaged.

ERROR CODE	PROBLEM	POSSIBLE CAUSES	CORRECTION
E5	No heart rate signals within 20 seconds when using Body Fat program.	1. Misplaced gesture on hand pulse sensors. 2. Hand pulse sensors are faulty or damaged.	1. Try again with appropriate gesture. 2. Replace the hand pulse sensors.

TREADMILL TROUBLE SHOOTING GUIDE

PROBLEM	POSSIBLE CAUSES	CORRECTION
Treadmill will not start	1. Not plugged in. 2. Safety key not attached correctly. 3. Treadmill circuit breaker tripped. 4. On/Off Switch not turned on. 5. Auto Shut Down Timed Out.	1. Plug into suitable outlet. 2. Insert safety pull pin. 3. Reset circuit breaker. 4. Turn on On/Off Switch. 5. Unplug and re-plug electrical cord.
Treadmill belt slipping	1. Walking belt too loose 2. Deck needs lubrication.	1. Tighten walking belt. 2. Lubricate belt and deck.
Treadmill noisy	1. Loose hardware. 2. Motor straining. 3. Clicking sound – roller knocking.	1. Tighten visible screws, nuts and bolts. 2. Check belt tension – 3 finger test. 3. Adjust rear rollers – check the tension.
Inaccurate pulse rate	1. Too much hand movement. 2. Palms too wet. 3. Gripping handgrips too tight. 4. Wearing rings.	1. Stand on side rails to obtain accurate pulse reading. 2. Dry palms. 3. Grip using moderate pressure. 4. Remove all rings.
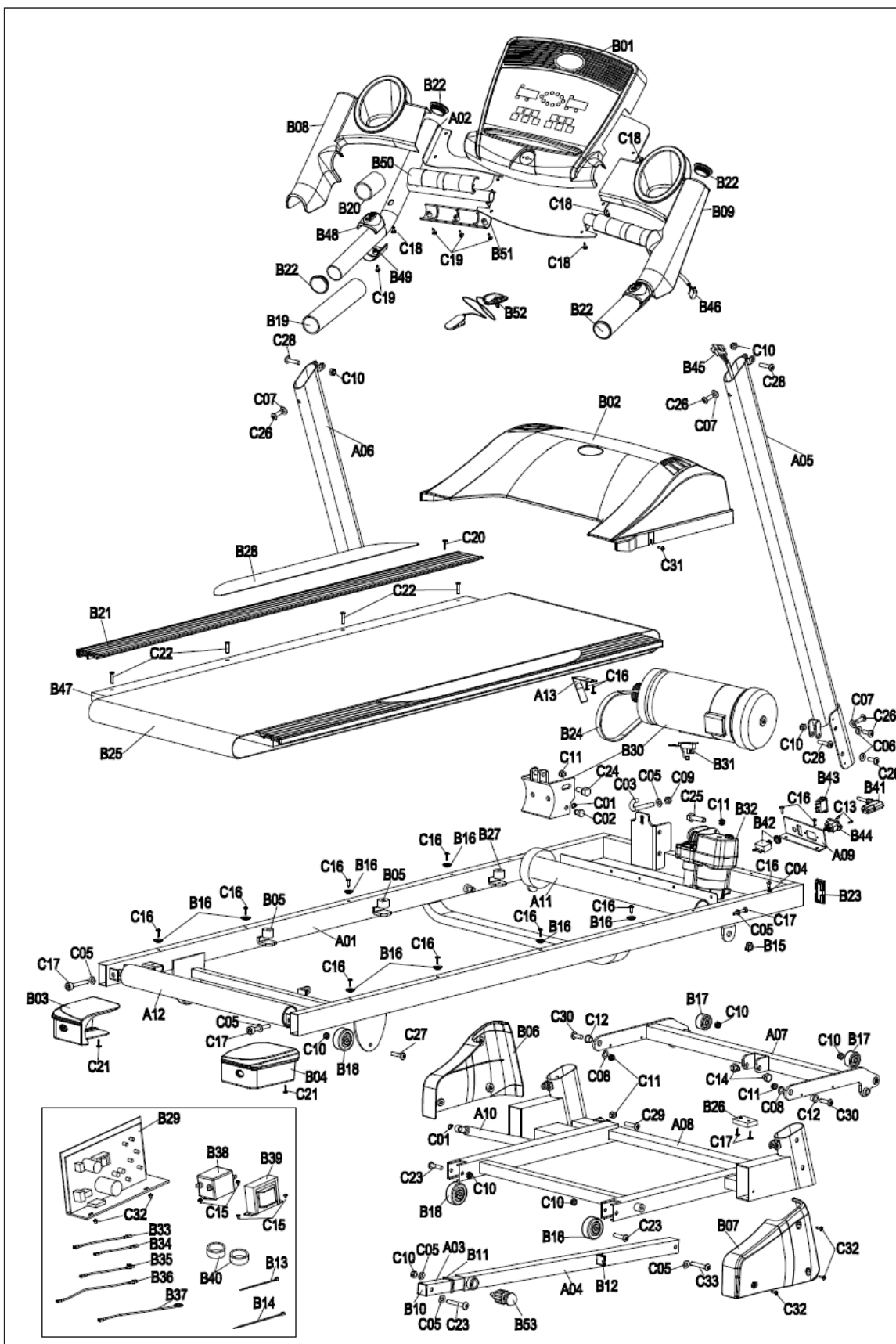
PARTS LIST

Ref	DESCRIPTION	Qty	Ref	DESCRIPTION	Qty
A01	Main Frame	0	B21	Foot Rail	2
A02	Console Support & Handle Bar	0	B22	Round Internal Endcap	4
A03	Inner Slide Lift Support	0	B23	Rectangular Flat Internal Endcap	2
A04	Lower Lift Support	0	B24	Pulley Belt	1
A05	Right Upright	1	B25	Running Mat	1
A06	Left Upright	1	B26	Foot Pad/ 45*36*10mm	2
A07	Incline Frame	0	B27	Rubber Deck Mount/ 22*17*6mm	2
A08	Base Frame	0	B28	Non-Slip Rubber Pad	2
A09	Power Switch Mount Bracket	0	B29	Controller PCB	1
A10	Gas Strut Folding	1	B30	Drive Motor	1
A11	Front Running Belt Roller	1	B31	Speed Sensor	1
A12	Rear Running Belt Roller	1	B32	Incline Motor	1
A13	Belt Guide	1	B33	Connecting Wire/ 70mm	1
B01	Computer/ Console (center)	2	B34	Connecting Wire/ 45mm	1
B02	Top Motor Cover	1	B35	Connecting Wire/ 53mm	1
B03	Rear Left Endcap	1	B36	Connecting Wire/ 120mm	1
B04	Rear Right Endcap	1	B37	Earth Wire 120mm	1
B05	Rubber Deck Mount 25*17	4	B38	Filter	1
B06	Base Corner Cover - Left	2	B39	Tranformer	1
B07	Base Corner Cover - Right	2	B40	Graphite Core	1
B08	Corner Console - Left	2	B41	Power Cable	1
B09	Corner Console - Right	2	B42	Circuit Breaker Module	1
B10	Square Internal Endcap 22x22	1	B43	On/Off Switch	1
B11	Square Internal Endcap 30x30	1	B44	Power Socket	1
B12	Square internal Endcap 30x30	1	B45	Lower Wire	1
B13	Cable Tie/ 2.5*100mm	2	B46	Upper Wire	1
B14	Cable Tie/ 4*200mm	2	B47	Running Deck	1
B15	Wire Grommet	1	B48	Handlebar Mounted Control Cover - Top	1
B16	Plastic Spacer 4.5MMx5MM	2	B49	Handlebar Mounted Control Cover - Bottom	1
B17	Transport Wheel/ 38mm	4	B50	Hand Pulse Sensor - Top Assembly	2
B18	Transport Wheel/ 50mm	4	B51	Hand Pulse Sensor - Bottom Assembly	2
B19	Foam Grip 36x3x165	2	B52	Safety Key	10
B20	Foam Grip 36x3x70	2	B53	Spring Pull Plunger	1

WARRANTY

BFE0032 – Manhattan Uptown Treadmill

Lifetime Frame
5 Years Motor
1 Year Parts

IMPORTANT

Please read and retain this manual as it will assist with identification for parts and service.

BOYLES FITNESS warrants their products to be free from defects in material and workmanship under normal use and service conditions.

The various components are warranted against defects and workmanship for 1 year.

All warranty coverage extends only to the original retail purchaser from the date of purchase. BOYLES FITNESS' obligation under this Warranty is limited to replacing or repairing, at BOYLES' option, the product or parts therein. Any enquiries relating to warranties or spare parts must be directed to our **Service Centre 07 3272 7010.**

For efficient processing of your enquiry please have relevant date of purchase, retailer name you purchased the item from and the brand on the product. This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage (as detailed in this instruction manual), or repairs not provided by BOYLES. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning and by snow or ice). No other Warranty beyond that specifically set forth above is authorised by BOYLES.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters.

Phone   07 3272 7010

Hours   9:00am – 4:00pm Mon-Fri (excluding public holidays),

Website   www.bfe.net.au

WARRANTY INFORMATION

BFE0032 – Manhattan Uptown Treadmill

Congratulations on your purchase!

As of January 1st 2012, new legislation under the Australian Consumer Law requires certain information to be included in any product warranty issued in Australia. This warranty compliments the warranty found in the manual and has been developed in line with the Australian Consumer Law. If the warranty periods offered in the two documents are different then the greater of the two shall be honoured.

This product is warranted to be free from defects in material and workmanship under normal use and service conditions for a period of **6 months** from the date of purchase of this article. Evidence of unfair usage or incorrect adjustment by the owner will void this promise.

The benefits conferred by this manufacturer's warranty are in addition to all rights and remedies conveyed by the Competition and Consumer Act 2010 (Commonwealth), and any other statutory rights to which you may already be entitled, and this warranty does not exclude, restrict or modify any such rights or remedies that are implied by law.

Our goods come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and for compensation for any other reasonably foreseeable loss or damage. You are also entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure.

Conditions of Warranty
All warranty coverage extends only to the original retail purchaser from the date of purchase. Please keep your receipt, tax invoice or other proof of purchase.

This warranty does not extend to any damage to a product caused by abuse, improper or abnormal usage, or repairs not provided by us or our Service Centre. Nor does this warranty extend to products used for commercial or rental purposes. This warranty does not cover ordinary wear, tear and weathering, failure to follow directions, improper installation, improper maintenance or acts of God (such as damage caused by storms, lightning, heavy winds and by snow or ice).

Making a Warranty Claim
In order to make a claim under this warranty please direct your enquiries to our Service Centre.

A service representative will then assist you in the appropriate action to be taken. For efficient processing of your enquiry please have proof of purchase, the date of purchase and the retailer name you purchased the item from, and the brand on the product. Photos of the product, and scans of receipts, may be requested to assist with your claim.

The service centre representative will assess the claim. If:

1) **There is a minor fault**, they can offer either a replacement spare part, replacement unit, repair or other suitable remedy;

2) **There is a major fault,** they can offer a replacement, repair or suggest you return to the store you purchased it from for a full refund.

   Please note – a request for compensation will need documentary evidence of the loss or damage suffered. It will also need to be evidenced that such a loss was a reasonably foreseeable result of a failure by Boyles Fitness to comply with a consumer guarantee under the Australian Consumer Law.

3) **The product was damaged through abnormal use,** no refund or repair can be offered. The sending of replacements, spare parts or the cost of repair carried out by the Service Centrewill be organized and covered by Boyles Fitness**.** If collection of the item is required this will beorganized by the Service Centre and at our expense. Do not return any products without authorization as this will be at your expense.

Our sales and service centre has been set up to provide assembly assistance, replacement parts and accessories, and to efficiently handle all warranty related matters. Please note upon receiving your warranty claim our Service Centre will send, via post or email, a repair and refurbished goods or parts notice.

SERVICE CENTRE
Contact details and hours of operation.
Phone 07 3272 7010
9:00am – 4:00pm Monday to Friday (excluding Public Holidays)

This product is warranted by Boyles Fitness Equipment Pty Ltd 130 Carrolls Road, Menangle NSW 2568